

## Stress Management

Today we talked to your child's class about stress and stress management techniques. Many things can cause stress for children: being bullied, getting sick, having too much homework or activities, having a fight with a friend. We discussed the following techniques for management stress.



- Take time to relax every day – don't over schedule by taking on too many activities.
- Learn to relax. Taking a few slow deep breaths can help.
- Get regular exercise and eat go foods.
- Children should sleep 10 – 11 hours a night.
- Be realistic. Do your best, but don't try to be perfect.
- Believe in yourself. Take steps to solve problems as they come up.
- Pay attention to how you view things. Do you tend toward optimism or pessimism? Are your predictions realistic?
- Ask for help!

If something seems to be bothering your child, mention it. If they want to talk, listen and reflect what they are feeling so they know you understand. Help them name their emotions. After listening, change the topic if the stressor is small. For bigger problems, help your child brainstorm possible solutions. The goal is to help them develop problem solving skills, so guide them toward finding a solution. Help limit stress by making time to relax each day. Eating dinner as a family helps your children feel comfortable coming to you for help.

For more information visit <http://kidshealth.org>.

Here's a fun family meal that the kids can help make!

### **Chicken Salad Tacos**

1 boneless, skinless chicken breast, baked or grilled, diced or 1 can of black beans, rinsed and drained

1 ear of corn, kernels cut from cob or 1 – 15oz can of corn

1 tomatillo (or ½ cucumber) husked, rinsed, chopped

1 tablespoon jalapeno, finely chopped

¼ cup red onion, finely chopped

1 cup jicama, chopped

1 avocado, chopped

Juice of 3 limes (Approximately 3 tablespoons)

¼ cup cilantro, chopped

2 teaspoons honey and ¼ teaspoon sugar

2 teaspoons olive oil

Six corn tortillas, warmed



Mix together all ingredients except tortillas. Spread on warm tortillas. Enjoy!